GOOD FOOD AND EIGHT HOURS SLEEP OF IN-NOCENCE

SAGE ADVICE OF U. S. CHEMIST WILEY

Meat Eaters May Gulp Food in Chunks Like Animals if They Choose

Washington, June 2- Ear plenty of good, wholesome food, sleep the sleep of innocence—that is eight hours of ponceful, routful alcep in every (wenty-four hours. Take plenty of extreis). Do not make it too violent. Don't be afraid to light. Fight with, all your energy when fighting, but the oment the fight is over, forget it. The man who carries envy and harred to his bed is bound to die young."

This is the formula for a century Rifetime Iald down to-day by Dr. Pineules are for the Kidneys and Wiley, caled chemist and pure food Bladder. They bring quick rolled to expert of the Department of Agricul-backache, rhoumatism, hundage, tired

the medium of the reaper, and the Wallace, rapid advancement of science will tury club. It was a New York gather-

na. Every member was pledged to principle still exists." What diet would you suggest?" Dr. Wiley was asked.

No suggestions on that point. the low wise to say what to ent. My directions for the man who wants to Hyo 100 years is to cat plenty of good. wholesame food," was the reply,
"What do you think of Prof. Irving
Fisher's declaration that the harder

"It's all right in some particulars, of Sions Falls, was arraigned in court but he is wrong about meat enters, ever today to stand trial for the al-Flerh eating animals never chew leged wurder of Agnes Poircis, he ble. The sativa mixed with the ment one year ago this week from alleges forms an alkaline. Before the mest ill treatment at the bands of Mrs can be directed that alkaline must be Kantman. The trial promises to be choic neutralized. Chering mechanically is one of the most sensational in the Jun good thing, for it breaks up the dicial annuls of South Dakita. meat, but practically it is a bad thing, eating starchy substances."

Headnehe and constipation disappear when Dades Little Liver Pills are used. They keep the system Wallace. clean, the stomach sweet. Taken ocmaily they keep you well. They are for the entire family, -J. N. Wal-

We have fresh meats cally. We do For the horse ask Tallman, our own villing. Our products are clean. Hams, bacon and sausage. J. W. Frazier Meat Market.

over dustless tracks, protected by block signals.

First Harry smale, the



COLONEL ROY HOFF MAN, OF CHANDLER. Democratic Candidate for United States Senator.

Pineules are for the Kidneys and TO COMMAND THE VERMONT.

THE TEXAS WONDER. live a hundred years. The club has Oures all Kioney, Bladder and Rheu-died a natural death, although the matie troubles. Sold by all druggist, or two months' treatment by mail for \$1.00. Dr. E. W. Hall, 2026 Offive street, St. Louis, Mo. Send for testi I monis's.

KAUFMAN MURDER TRIAL.

(Hy Associated Press.) you chew your food the longer you delay of many mentles, Mrs. Emma and clears. Flundrean, S. D., June 4.-After a ar foods. They bolt it. Man by sixteen year old servant girl. Th swing his meat makes it indigestly death of the Policis uitl occurred just

for it makes it hard to digest. Of if you suffer from bloating belching, course, chewing is beneficial when some stomach, indigestion or Dysperter each ment, and overcome the dis-nerecable trouble. It will improve the appetite, and aid digestion.-J. N.

> The pleasure of driving benind a well-groomed, fast horse is unsur passed. For the horse se Tallman,

Have you seen that new mae of furniture at the Patterson Furniture store? Get wise. They can fit your aome properly.

Just received at Olsmith's. Fresh involce of New Orleans Factory Smokers. All Havana tobacco, the kind you read about. Five cents each.

Grand Canyon Arizona El Tovar open the year round

Colorado Rockies

Avacation among snow-clad peaks

Union Station, Cuthrie,

(By Associated Press.)

e. D.S Wiley continued: worn out feeling. They produce nature Boston. Mass., Jane 4.—Captain II is true that we are all living at action of the kidneys in filtering William P Potter, U. S. N., lafe aslonger. The average of mankind is waste matter out of the blood, 30 days sistant chief of the bereau of naviga-flive years greater now than it was treatment \$1.00. Money retunded if then, reported at the Charleston navy several years ago. Old age should be Pineules are not satisfactory.— J. N. yard today to formally take command og the new buttleship Vermout, new being fisted out for her first craise. practically keep the renper busy with for the genuine cetebrated Lincoln Prior to leaving the navy yard the old ago as his mowing machine.

Paint call up the Arkansus Lumber haddeship will be presented with a magnificent aliver service in behalf. of the state of Vermont,

> Hundreds of people yearly go thru painful operations needlessly, because hey heyer tried Man Zan Pine Remedy. It is put up to such a form that can be applied right where the trouhie lies. It relieves the pain and in-flammatica. It is for any form of piles. Price 50 cm.—J. N. Wallace.

Nice retreat is the Victor Bar. Resort for gentlemen. You will get properly served there. Best in liquors

Couch sents at the Re al Gar. Resort of gentlemen. Comfort and choice liquors and cigars, Cal Minner,

Hollister's Rocky Mountain Ten purifies the blood, strengthens the nerves regulates the bowels, aids the kidneys sta, take a Rings Dyspepsia Tablet af cures stomach troubles, builds up the nervons forces and repairs the ill effects of over eating. Tea or Tablets, 35 cents. - C. R. Renfro.

> Suit sale at the Annex. \$2.85 buys. you a sult for summer.

> Huy your wall paper at Gray's drug store, 120 East Oklahoma ava-

It's time to lookout for a water-creder or ice cream freezer. We have them at the right price. St. Louis Racket Store. 105 West Harrison.

Renew your old furniture with Sapolin Varnish Staln and Enamel. For sale at Gray's drug store, 120 Elast Oklahoma avenue.

THE RICKSHAW AND DANDY.

Primitive Modes of Travel in Hill Country of India.

In the mountain districts of India the Principal vehicles of passenger conveyance are the rickshaw and the 'dandy," with which Rusyard Kipling has made us familiar. United States Consul Gen. Michael, of Calcutta, writes thus about these vibleles: "The rickshaw is pushed and pailed through the streets and on the roads leading out into the country, by corthe shoulders of four and sometimes six coolies. Saddle pontes are also used to some extent but most of the inhabitants and quite all visito, s used the 'rickshaw and 'dandy.' The latter is constructed on the plan of a sleigh box, but longer. A pole is attached fore and aft, which is long enough to give a springy motion when the coolieare walking and trotting. A crossplece rests on the shoulders of the coolies and is shifted now and then from one shoulder to the other for rest. By the command of the coolie in charge this shift is made simultaneously. As a rule, both the 'rickshaws | and the 'dandles' are heavier than they need to be, and they are generally lacking in fluish. Yet these vehicles cost as much as light and strong ones well finished should cost. The writer would like to place alongside of the 'rickshaws and 'dandles' in use in India some samples mannfactured in the United States after designs made by an American designer. The samples would attract orders."

HIS DUTY AS HE SAW IT.

Had Been Told to Carry Out the Provisions, and He Wanted Them.

The widow of a village grocer was industriously placing the large, rosycheeked apples on the top of the diminutive abriveled ones in the barrel when Farmer Giles entered the estabilshment, according to the Rochester Herald. "I want that tub o' butter," he said, "an' those hams, and that lot o' sugar, and-" The shopkeeper rubbed her hands together with delight. "Yes, sir," she beamed, "delighted to serve you, I'm sure, And what else may I supply you with?" "Well," went on Mr. Glies, "there's all them bottles of tomato sauce, and them boxes o' biscuits an'-an' all that other stuff," he concluded, vaguely, sweeping his hand around the shop. "Good gracious!" exclaimed the widow, now rather alarmed, "whatever do you want with all them goods?" "I dunno, I'm sure," was the farmer's puzzled reply, but I'm the executor of your late husband's will, an' the lawyer's just told me it's my duty to carry out the provisions. So come on. I've got three carts waitin' outside!

The Infant Terrible.

A mother had just sought to punish her vonthful son-and the son, to escape, had crawled under a bed-when a woman friend called at the apart-You will never miss your train if ment. "What a lovely place you have you phone in time to the Royal Bus, here!" the caller remarked. "So Baggage & Cab Co. Phone No. 1. pretty-and so bright and clean. You Commission . must give more personal attention to things than I do." At this moment the small boy crawled out, scenting safety. "Say, mamma, was his greeting, I don't get under any more beds | Call Up Phone 75 at My in this house. Look at me. I guess when you sweep you never sweep under there! The dirt's an inch thick." The caller looked off into space and the mother exclaimed, enthusiastically: "Oh, let me show you my new hat, my dear!"

in Darkest Asia.

Mr. E. L. Harris, United States consul at Smyrna, makes an interesting report on conditions in Asia Minor, and in regard to electricity, says: The city of Smyrna, with nearly 400,-000 population, has no electric railway. electric light or telephone. There are cities all over Asia Minor varying in size from 20,000 to 50,000 inhabitants where there are opportunities of getting concessions for electric light and traction. It is strange for American electrical concerns to turn their backs on this field, with the excuse that nothing under a \$1,000,000 concession would attract them.

Not a Reading Community. The town of Charlerol, Pa., has a Carnegie library in which there are several thousand volumes and the town is roundly taxed to support the institution. Last year, according to a report by the librarian just made public, there was one solitary patron of the library. The librarian expressed the opinion that the people of the town were so much interested in roller skating, baseball games, beidge whist and poker that they had no time for books.

Company Breeds Appetite. "I think the reason you can eat so fittle and live," said the woman who eats to the woman who doesn't, "is because you are by yourself so much. Now, I am different. I work in a room. with a lot of people. They absorb my vitality to such an extent that I am hungry all the time. Regularly I cat breaktast, lunch and dluner and some times when I go to the theater I have a supper afterward. You, I suppose

it is a good deal cheaper to be by yourself." 'Twas Ever Thus. "I thought you called up information

for the number," said he. "Why did you quit and ring off?" "Information had either dropped dead suddenly or gone off to cluner with a friend," she replied. "I waited and waited and waited, and all I could hear was some blooming phonograph playing away,"

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Opticians, fare and one-third, certificate pla. Jamestown Exposition—15-day tickets, \$38.40; 60-day tickets, \$48.15; yourson tickets, \$53.60. Stop-offs at Buffalo, Niagara Falls, Washington,

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Los Angeles and Ban Francisco-June 8th to 15th inclusive limit Au gust 31st, first-class, round trip \$50 Los Angeles and San Francisco-June 22nd to July 5th, return limb Sept. 16th, first-class, rate \$52.00. We will likely have cheap rates ! orth as the season advances, and 4 will be to your interest in consult us when you feel like 'loosening up" for that much needed recreation from tol and strife;

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